



## SUBSTANCES OF ABUSE-

### BRIEF PROFILES

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In this segment of the training, information is presented as Brief Profiles for eight substances of abuse. Tell participants that the information in these profiles will be used to proceed through the Interactive Group Discussions. Tell them the profiles will tell them some of the actions and side effects of the drugs that were chosen for the scenarios.

You should keep in mind that the information presented in the Brief Profiles does not represent all of the hazards of these drugs. Rather, the Brief Profiles are intended to be thought provoking and enlightening.

Since this program focuses on the eight drugs most frequently abused by young people, you may wish to familiarize yourself with information on other drugs, so that you are able to discuss other drugs that affect workplace performance.

You may wish to consult the Substance Abuse Data Sheets, contained in the Workplace Alcohol and Drug Abuse Training Program. The Substance Abuse Data Sheets contain information on more than 50 substances of abuse. These data sheets will help you familiarize yourself with information on several of the drugs, so that you are prepared to discuss them in class.

Brief Profiles are presented for the following substances of abuse:

**Alcohol**  
**Marijuana**  
**Inhalants**  
**Steroids**  
**Crack**  
**Cocaine**  
**Ice**  
**Hallucinogen**



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## ALCOHOL

Also known as:

Booze, Juice, Brew, Vino, Sauce

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*You probably know why alcohol is abused-*

- Relaxation
- Sociability
- Cheap High



*But did you know that -*

- Alcohol is a depressant that decreases the responses of the central nervous system.
- Excessive drinking can cause *liver* damage and psychotic behavior.
- As little as two beers or drinks can impair coordination and thinking.
- Alcohol is often used by substance abusers to enhance the effects of other drugs.
- Alcohol continues to be the most frequently abused substance among young adults.

## MARIJUANA

Also known as:

Pot, Grass, Joints, Roaches, Reefer, Weed, Mary Jane

*You probably know why marijuana is abused --*

- Relaxation
- Euphoria



*But did you know that –*

- Marijuana may cause impaired short-term memory, a shortened attention span and delayed reflexes.
- During pregnancy, marijuana may cause birth defects.
- Marijuana may cause a fast heart rate and pulse.
- Repeated use of marijuana may cause breathing problems.
- Possession of marijuana is illegal in all fifty states.
- Marijuana may cause relaxed inhibitions, disoriented behavior.

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## INHALANTS

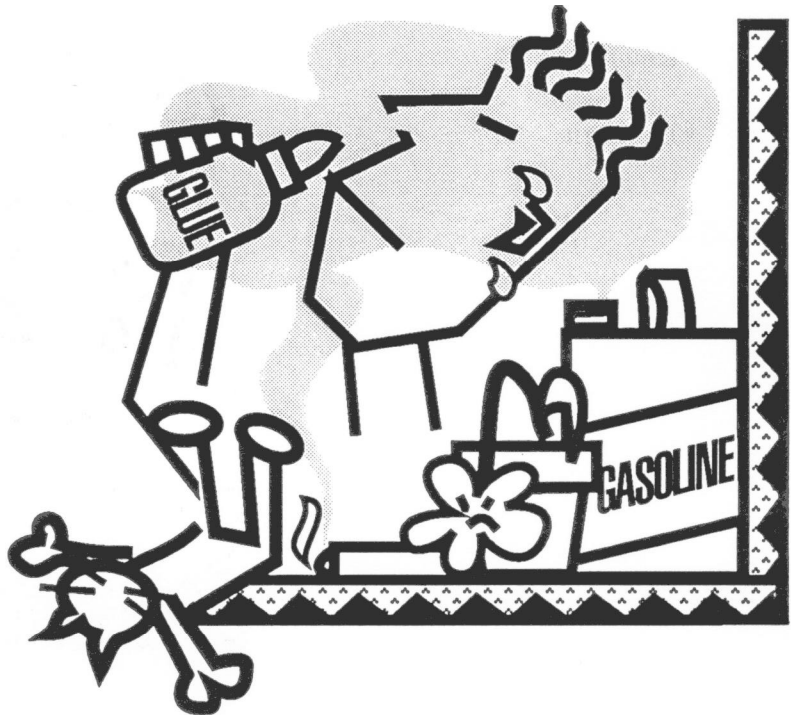
Some of the substances that are abused:

Butyl nitrite, Amyl nitrite •Gas in aerosol cans •  
Gasoline and Toluene vapors •Correction fluid, glue, marking pens

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*You probably know why inhalants are abused –*

- Cheap High
- Quick buzz
- Fun



*But did you know that inhalants may cause –*

- Loss of muscle control
- Slurred speech
- Drowsiness or loss of consciousness
- Excessive secretions from the nose and watery eyes
- Brain damage and damage to lung cells

## STERIODS

Three types of steroids:

Anabolic (male hormone) - steroids most frequently abused

Cortical

Estrogenic (female hormone)

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*You probably know why steroids are abused –*

- Increase strength
- Increase muscle size
- Help muscles recover



*But did you know that abuse of steroids may cause –*

- Severe acne, rashes, stunted growth
- Sexual function problems
- Women to take on masculine traits, develop hairiness
- Behavioral changes, aggressiveness (“roid rages”)
- Long-term effects, such as cholesterol increases, heart disease, liver tumors, cancer, cataracts and death

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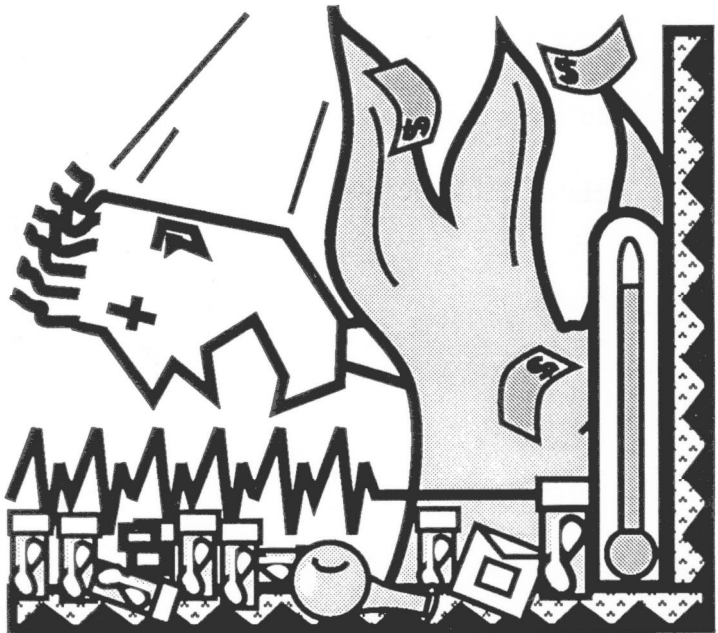
## CRACK

Also known as  
Crack, “Crack cocaine”, Freebase recks, Rock

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*You probably know why crack is abused –*

- Quick high
- Power
- E u p h o r i a



*But did you know that –*

- Crack is almost instantly addictive.
- One use could cause a fatal heart attack.
- Repeated use may cause insomnia, hallucinations, seizures, paranoia.
- The euphoric effects of crack last only a few minutes.
- Crack possession and use are illegal in all fifty states.
- There are more hospitalizations per year resulting from crack and cocaine use than any other illicit substance.

## COCAINE

Also known as:

Coke, Dust, Snow, Flake, Blow, Girl

*You probably know why cocaine is abused –*

- Carefree Feeling
- Euphoria
- Relaxation
- In control



*But did you know that –*

- A Cocaine “high” lasts only about 5 to 20 minutes.
- Cocaine use may cause severe “mood swings” and irritability.
- You need more and more cocaine each time you want a “high.”
- Cocaine increases your blood pressure and heart rate - particularly dangerous if you have a heart condition.
- One use can cause death!
- Possession and use are illegal and can result in fines and arrest.

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## ICE

Also known as:  
Meth, Crystal, Crank, Methamphetamine

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*You probably know why ice is abused –*

- Temporary mood elevation
- Exhilaration (high)
- Increased mental alertness
- Upper-increase wakefulness



*But did you know that –*

- Ice is extremely addictive - sometimes with just one use!
- Ice can cause convulsions, heart irregularities, high blood pressure, depression, restlessness, tremors, severe fatigue.
- An overdose can cause coma and death.
- When you stop using ice you may experience a deep depression.
- Ice causes a very jittery high, along with anxiety, insomnia, sometimes paranoia.



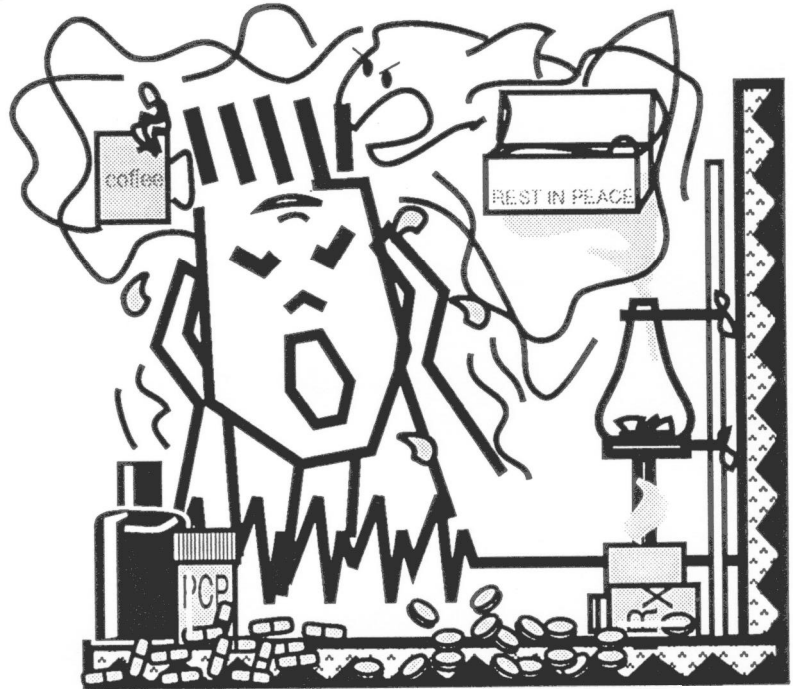
## HALLUCINOGENS

Some types of hallucinogens –

- LSD (Acid, Red/Green Dragon) •Ecstasy (designer drug)• PCP (Angel Dust, Loveboat)
- PCP & Cocaine (Beam me up Scottie) • Mescaline •Psilocybin

*You probably know why hallucinogens are abused –*

- Fun
- Stimulation or depression
- Behavioral changes



*But did you know that –*

- One use of LSD or PCP can cause multiple and dramatic behavioral changes.
- Large doses of hallucinogens may cause convulsions, ruptured blood vessels in the brain and irreversible brain damage.
- Many hallucinogens cause unpleasant and potentially dangerous “flashbacks,” long after the drug was used.
- Most hallucinogens cause “hallucinations“ i.e., changes in perception of time, smell, touch, etc.

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